

# **FREE Self Awareness & Self Defense Training**

**Instructed by A. J. Farmer**

**At Davie County Senior Services – 278 Meroney Street, Mocksville**

## **Self Awareness Workshop**

**Monday January 14, 2013 6:00-8:00pm**

**Topics to be covered include**

- **Safety while shopping, walking and driving**
- **How to recognize a con artist, gang member and armed suspect**
- **How to respond to aggressive drivers and car jackers**
- **How to identify household items that can be personal weapons**

**Self Awareness Workshop – will accommodate an unlimited number of participants**

## **Self Defense Training Series**

**5 Sessions – 5 Consecutive Mondays 6:30-8:00pm**

**January 28 through February 25, 2013**

**Self Defense Training – will accommodate a maximum of 20 participants**

**Please RSVP to reserve your slot.**

**Davie Domestic Violence Services and Rape Crisis Center (336) 751-3450**

**These classes are made possible by a grant from  
Margaret C. Woodson Foundation.**